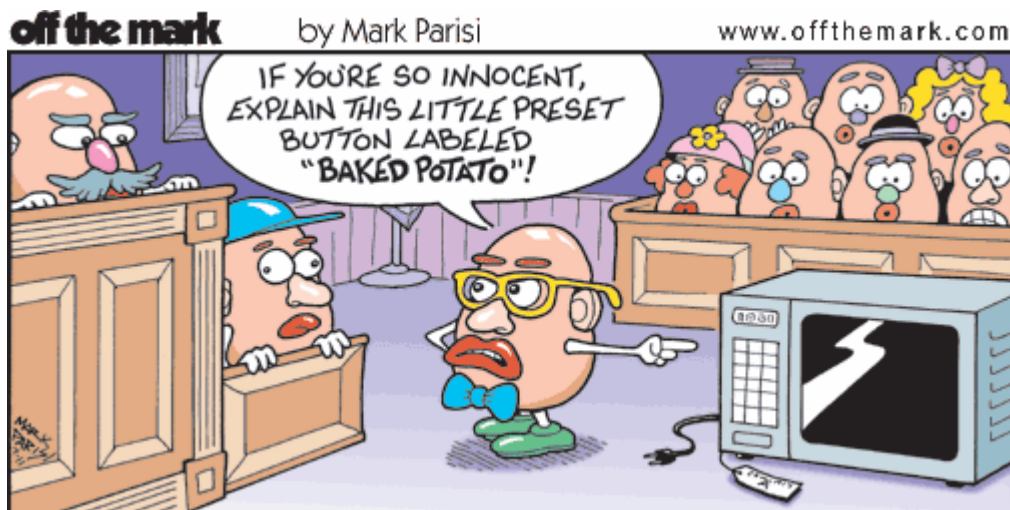


White: Potatoes

Potatoes are the most popular vegetable in the U.S. The average American eats about 126 pounds of potatoes a year! Eat the non-fried version and reap the benefits of vitamin C, potassium and fiber—without all the fat.



Potato Soup

2 ½ cups diced potatoes (leave ½ the potatoes unpeeled for more fiber)
1 small quartered onion
2 cups milk
2 Tbsp butter or margarine
1 tsp salt
1/8 tsp pepper
¼ tsp celery seed

Boil or steam potatoes and onions until tender, then drain.
Put in blender with other ingredients and blend until smooth. Put in sauce pan and heat.

Variations: Leave some potatoes unblended for some chunky goodness
Add cheese, bacon, ham, celery, green onions, other seasonings, etc.

One cup of Potato Soup provides 1 serving of vegetables.